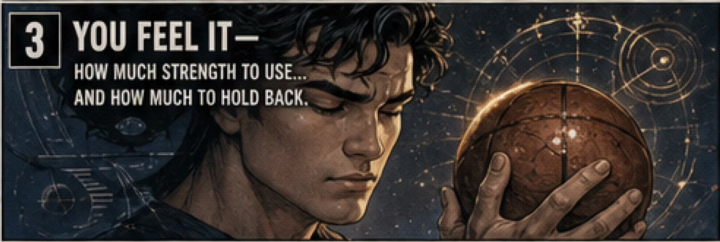




IMAGINE BASKETBALL AS A KRYPTON TRAINING TEST OF CONTROLLED STRENGTH

IT'S NOT ABOUT HOW HARD YOU CAN THROW IT. IT'S ABOUT HOW WELL YOU CAN CONTROL IT.



THE TRAINING PRINCIPLES



POWER
You have it.
Use it.



AWARENESS
You feel it.
Understand it.



CONTROL
You manage it.
Don't waste it.



BALANCE
Too much or too
little breaks
the mission.



DISCIPLINE
Real strength
is choosing
when not to
use it.

KRYPTON TRAINING DRILLS

1 SOLAR HOPS
Jump. Hang. Land soft.
Control your descent.

2 GRAVITY PAUSE
Freeze at the peak.
Breathe. Assess.
Then act.

3 TOUCH RELEASE
Shoot with touch,
not force.
Find the point of
perfect release.



IMPACT CONTROL
Control the bounce.
Control the outcome.
Control yourself.

ON KRYPTON, WE
DON'T JUST BUILD
POWER.
WE BUILD PURPOSE.
BECAUSE WITHOUT
CONTROL,
EVEN THE SUN
CAN DESTROY."



THE COURT IS YOUR LAB.

- EVERY DRIBBLE = A DECISION
- EVERY PASS = TRUST
- EVERY SHOT = SELF-MASTERY

TRAIN YOUR BODY.
TRAIN YOUR MIND.
TRAIN YOUR CHARACTER.



CHECK YOURSELF.

- | | |
|--|-------------------------------------|
| ☒ AM I USING ONLY WHAT I NEED? | ☒ |
| ☒ AM I IN CONTROL OF THE MOMENT? | ☒ |
| ☒ AM I BUILDING OTHERS WHILE I BUILD MYSELF? | ☒ |
| ☒ AM I READY TO ACT—AND READY TO REST? | ☒ |

KRYPTON STANDARD

IT'S NOT ABOUT BEING THE STRONGEST.
IT'S ABOUT BEING THE MOST CONTROLLED.

POWER WITHOUT CONTROL IS CHAOS.
CONTROLLED POWER IS LEGACY.



KRYPTON DIVISION
ELITE ATHLETE PROGRAM

STRENGTH IS GIVEN.
CONTROL IS EARNED.



YOU DON'T JUST TRAIN TO WIN.
YOU TRAIN TO LEAD.

